

186 Wellfreer Road,
BLUFF.
4052

20TH December 1997

The Headache Clinic,
10 Park Road,
RONDEBOSCH,
Cape Town.
7700

Attention: Dr. I Cohen

Dear Dr. Cohen,

Re: My Headaches I have had for 24 years

I cannot begin to describe to you the relief that I have had since being to your Headache Clinic in Rosebank. I have been suffering on a daily basis with them and each and every day have had to take large amounts of medication to try just to get through the day. While I was pregnant, I was still plagued with these severe headaches and had to take medication.

I have explored many avenues of treatment and think I must have tried them all with no success. I was so desperate to relieve the situation that 12 years ago I went for a medical bust reduction operation hoping that this would help. Yet again, I was disappointed as this did not help and I was back to square one yet again.

During the years that followed I have tried many medications, which have given me severe side effects and my quality of life was deteriorating!!! During the last 6 months my migraine headaches have progressively worsened and I was unable to control the situation and was reaching the end of my tether. I was in a very stressful job, employed as a school secretary and was in such a state with my headaches that I actually resigned my position and was determined to find "something" to help my situation. At that stage I did not know what the answer would be. I went back again to my regular doctor who did numerous blood tests, saw a neurologist who requested an MRI – but guess what, they all showed I was perfectly normal – but I felt so ill. I was beginning to believe that there was not any solutions to my problem.

Page 2/

On Monday the 17th November 1997, I had reached total desperation and felt that life had no meaning if I had to continue being in such pain. By this time I was living on Migraine Cocktails, as regular headache medication was not helping. My husband telephoned on that day and said what could he do and I said I was fed up and that I did not want to visit any more doctor's as I felt that I was getting nowhere. In desperation, he called my chiropractor, whom I had also been consulting and has become more of a friend than a doctor. He then called me and asked if I would go and see him. Reluctantly I agreed and went to see him. After speaking to me, he said I must go back to the clinic we have here on the Bluff. My regular doctor was not there that day and I went to see one of the others, Dr. P. Potgieter who when he realized my situation, fortunately for me, he immediately suggested that I visit the Headache Clinic in Rosebank. Fortunately my husband and I were attending a work function and we had to fly to Johannesburg anyway. All arrangements were made and I went to the clinic on Monday the 24th November 1997.

I was very apprehensive, as I had done this so many, many times and wondered would I finally be successful. I was very impressed with the professional way in which I was dealt with especially from Adele, the receptionist and all other staff members. I was made to feel at home and relaxed. I saw Dr. Prince who assessed me and then sent me to the test center for various tests being, the reaction of my muscles, the dental department, x-rays and finally I had an EEG.

As I was a Durban patient all tests were done speedily to accommodate me, for which I was very grateful. I returned on Wednesday to hear what results the clinic had found. I again saw Dr. Prince and she said that they felt that the mouth prosthesis was the answer to my problems as my muscles were always in spasm. I could not believe that such a small device, which I now call my "butterfly" was inserted and I was given all the relative instructions on how to care for and use properly. I also saw Dr. Shevel, who explained that there could also be an alternative "should this not be successful" where minor surgery could be used.

My sister-in-law saw an immediate reaction and when I returned to my other sister-in-law, with whom I was staying, she also saw an improvement. For the first 24 hours I had total relief, this being the first time in 24 years that I had not taken medication for a whole day. I returned on the Thursday and Friday to have minor adjustments to the mouth plate. It fits in my mouth like "a glove" and is so comfortable.

I am so impressed with this mouth plate and I am telling so many, many people about it and they are so pleased with my progress. I tried initially to totally cut out my medication but found that since I had been on medication for so long I have had to reduce it. Since being to the clinic I have not had one Migraine cocktail, only 1 headache pill instead of two should I have a headache which is now getting less and less.

3/

My oral hygienist at the clinic was very impressed with the mouth plate and was showing all the other dentists how perfectly it fits into my mouth. I am also seeing a clinical physiologist and an eye specialist who are equally impressed with my progress. They say that I look like a different person.

Well, I can't empathize enough how very, very grateful I am that I am now feeling like living again. My family are now more relaxed as they were desperate to help me but did not know what to do for me. We are now a family that is not so stressed out and I feel because I am better all things are now possible.

I can only highly recommend anyone who is suffering from headaches/migraine headaches that they visit either your clinic in Cape Town or Johannesburg. I am just hoping and praying that one day you will bring this facility to Durban as there are many, many sufferers here and it is my sincere hope that they too can be helped as I have been!!!!

If I can be of any assistance whatsoever in promoting, helping you all in your work, please do not hesitate to contact me. My Durban telephone is (031) 4663185.

We are leaving on Monday for a holiday in Port Alfred and I am so looking forward to joining in the fun and not being a zombie like I was last year. This is all thanks to all your dedicated and professional staff.

I wish you all a very Happy Christmas and an extremely successful 1998 and may your work in the Headache field continue to grow!

'TO CARE BRINGS BEAUTY TO LIFE'

Yours in friendship,

Dawn

D.C. SHANKS (MRS)

c.c. Dr. Elliot Shevel - Headache Clinic in Rosebank